

Vicks Vaporub It's worth a try!

I love Vicks and know rubbing it on your throat or chest really does relieve.... but this is a new one on me..... Can't hurt trying Vicks Vaporub! Don't laugh, it works 100% of the time although the scientists at the Canada Research council aren't sure why. To stop nighttime coughing in a child (or adult as we found out personally), put Vicks Vaporub generously on the bottom of the feet at bedtime, then cover with socks. Even persistent, heavy, deep coughing will stop in about 5 minutes and stay stopped for many, many hours of relief. Works 100% of the time and is more effective in children than even very strong prescription cough medicines. In addition it is extremely soothing and comforting and they will sleep soundly.

I heard the head of the Canada Research Council describe these findings on the part of their scientists when they were investigating the effectiveness and usage of prescription cough medicines in children as compared to alternative therapies like acupuncture. Just happened to tune in A. M. Radio and picked up this guy talking about why cough medicines in kids often do more harm than good due to the chemical makeup of these strong drugs so, I listened.

It was a surprising finding and found to be more effective than prescribed medicines for children at bedtime, and in addition, to have a soothing and calming effect on sick children who then went on to sleep soundly. My wife tried it on herself when she had a very deep constant and persistent cough a few weeks ago and it worked 100%! She said that it felt like a warm blanket had enveloped her, coughing stopped in a few minutes. Believe me, this was a deep, (incredibly annoying!) every few seconds uncontrollable cough, and she slept cough free for hours every night that she used it.

So, if you have Grandchildren, pass it on, if you end up sick, try it yourself and you will be absolutely amazed by the effect.

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